

WEEKLY TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6-7							
7-8							
8-9							
9-10							
10-11	Full Body Gym	Soccer Plyometrics	Soccer Strength		Bodyweight Explosive		
11-12	Full Body Gym	Linear Speed	Acceleration Session		Bodyweight Explosive		
12-1	Full Body Gym	Core/Stability (Optional)	Core/Stability		Footwork & Agility		
1-2	Full Body Gym	Cool-down & Stretch	Acceleration Extras		Core Explosiveness		
2-3							
3-4							
4-5							
5-6							

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